

**DIRECTIONS:**

Adults take one to three softgels daily, preferably with food or as directed by your doctor.

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. See nutrition information for total fat and cholesterol content.

**WARNING: KEEP OUT OF REACH OF CHILDREN.  
DO NOT EXCEED RECOMMENDED DOSE.  
DO NOT PURCHASE IF OUTER SEAL IS BROKEN  
OR DAMAGED**

When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



Produced for:  
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**HUMAN**  
essentials

# Omega 3

1000 mg



✓Cholesterol Free

✓EPA

✓DHA

**Dietary Supplement**  
**100 Softgels**

## Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 100

	Amount per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Polyunsaturated Fat	0.5 g	**
Cholesterol	0 mg	0%
Vitamin E	1.1 IU	3%
Fish Oil	1000 mg	**
EPA Eicosapentaenoic Acid	180 mg	**
DHA Docosahexaenoic Acid	120 mg	**

\*\* Daily Value not established

Other Ingredients: Gelatin, Vegetable Glycerin, Food Glaze, Ethylcellulose, Enteric Coating (Sodium Alginate and Stearic Acid), Mixed Tocopherols, Vanillin. Contains fish (anchovy, mackerel, sardine) ingredients.